

## ABSTRACT

A volume hologram recording material is provided that has high sensitivity, good storage stability after recording, and a large interference fringe refractive index difference, the material being used for forming a volume hologram recording film desirable as a data recording system. A volume hologram recording medium comprising same is also provided.

The volume hologram recording material is a polymer matrix having a three-dimensional crosslinking structure having a plurality of reactive groups, the polymer matrix being capable of recording, by means of refractive index difference, interference fringes that result from the interference of coherent light, the material not having a polymerizable monomer as a constituent.